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Another year, another empty promise

by Will Nicholls

In Indian Country we often say the trail of broken treaties is littered with good intentions. Many First Nations' social and economic problems that could have been more easily and cheaply solved in the past have now grown to seemingly insurmountable challenges because intentions and announcements never actually became actions and achievements. And all along, attempts by Native communities to enforce the legal agreements governing their societies are resisted ferociously by governments with unlimited taxpayer-funded resources – or simply ignored.

At federal budget time each year Aboriginal Peoples look with hope to progress from the ruling party. Will it bring some relief to our families, our communities and to our infrastructure that often barely matches Third World standards? Those hopes are often raised but rarely fulfilled. This year's budget is no exception. Promises of a better tomorrow are delivered with earnest sincerity but no real guarantees.

For example, the Harper government's Economic Action Plan 2014 proposes to enhance funding for Nutrition North Canada, but doesn't specify by how much. Currently, the program budget to subsidize essential food items in the expensive north is $60 million, but that is spread, very thinly, over 103 communities.

And if past experience is any guide, the right-wing ideologues populating the Harper government will choose to impose bizarre, harmful rules on the program. For instance, a couple years ago Nutrition North stopped subsidizing flour, a staple food product if there ever was one.

So the pledge to improve nutrition is for now just another vague promise that wins a positive headline but will likely be forgotten or put aside as other priorities are met. After all this is what has happened to many promised renovations or new school buildings for First Nations communities went by the wayside.

Speaking of which, the Economic Action Plan 2014 promises $500 million to renovate or build new schools in First Nations communities, a welcome development after the hostile government reaction to efforts to improve buildings in places like Attawapiskat. But wait: the funding is only scheduled to begin in the 2015-16 fiscal year. In other words, after the next election, when the pressure to follow through will magically disappear.

This vague commitment should be seen through the prism of the unilateral changes the Conservatives are trying to impose on communities in the First Nations Education Act, which is intended to essentially eliminate community control of local education systems.

On-Reserve Emergency Management is another fine promise. The Economic Action Plan 2014 says it will give $40 million over five years for disaster mitigation in First Nation communities, another response to the PR disaster Harper created for himself with his arrogant dismissal of the repeated catastrophes in Attawapiskat and nearby Kashechewan.

The fund is supposed to reaffirm Ottawa's "commitment to provide stable funding for response and recovery activities." Again, however, these funds will only be made available in 2015-16. Let's hope the weather cooperates, a long shot in the era of climate change – which the Harper government will not even acknowledge!

Yet another $323.4 million over two years is budgeted "to continue to implement the First Nations Water and Wastewater Action Plan," yet another vital program for beleaguered James Bay communities. Let's hope that these First Nations communities will actually see improvement in their drinking water as a result. But, oops, a little research shows that this is actually a budget cut, as it is $7 million less than what was provided two years ago.

The common phrase is that the road to hell is paved with good intentions. Given past experience, forgive my cynicism that this political asphalt even has good intentions. This is a political document intended to manipulate public opinion in the run-up to an election, far more than it is designed to actually improve people's lives. Nice words, but wait for the action.

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Michèle Taïna Audette, President of the Native Women's Association of Canada

photo by:
David P. Ball
www.davidpball.com

Cree and vegetarian (Creegetarian)

by Joshua Iserhoff

It was the year 2000 in "The Skag" when I chose to become a vegetarian. Two years later I discovered Gramma Iserhoff's traditional dishes. I will tell you though; those two years were the healthiest of my life. I had energy. I was lean. I was hot. I was like a gazelle in the streets of Montreal. I tried this "white" lifestyle because it seemed the only people practicing this lifestyle were our white friends, perhaps a few black, Asian and Latino. But anyhow, if you browse vegetarian websites you'll see why I say this.

As with anything in the life, it all started with a friend. We usually follow a friend or they follow us. Heather Waugh – the whitest friend I've ever had – was promoted to BFF status. We were inseparable. At first I didn't understand why she didn't eat my good cooking and my friends will tell you that I am good cook! She had mentioned to me on several occasions that she was vegetarian. I thought they ate meat only on rare occasions – perhaps they eat a little chicken or a tiny piece of moose on the side. Nope! For the next couple of weeks whenever I invited her for supper I'd heat up fries for her. No wonder her skin was like that of a porcelain doll.

Ms. Waugh (now Mrs.) introduced and explained the word vegetarian for me. It was so interesting and such a different world for me. I couldn't grasp the idea of not devouring moose filet mignon or sigabon. She gave me a book and I read up on it. We began to cook meals together and slowly I became a vegetarian. No goose, no moose, no rabbit, no fish, no chicken. Basically I didn't eat anything with a brain. For the two years I gave up all meat, poultry and seafood. I did it for health reasons and perhaps even living a longer life.

To give you more, here's an excerpt from the Vegetarian Times website: "A vegetarian diet reduces the risk for chronic degenerative diseases such as obesity, coronary artery disease, high blood pressure, diabetes and certain types of cancer including colon, breast, prostate, stomach, lung and esophageal cancer."

Henry Cannashish from Mistissini is not a vegetarian but had kidney complications. Doctors gave him year to live. He started eating well. He swears by pomegranate and I've just seen him – he looks great and his doctors are amazed at his health. Again, Henry did it for health reasons and I know he wants to stay longer with his dear wife Lillian. I want the same for all of us – staying healthy and eating right.

Thirteen years later, I've again decided to join the "Sheshee Poopoo" club. I have officially renounced my meat consumption for an undetermined time. I am not joining PETA because you all know I love fur and I love fashion and I think Anna Wintour would love me even now. Hey, I kill it and I eat it. Today is different, I kill it and I give it away!

Not only am I eliminating meat but I am also ditching chocolate, pop and vino. Chips I'll indulge on occasions. As Joan Collins has brutally said once: "If you eat junk you look like junk." Harsh but she does have a point. Join the healthy club my friends!

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A worthy recognition

Aboriginal Business Hall of Fame inducts William MacLeod

By Akiva Levitas

Over the past 40 years, Eeyou Istchee has experienced remarkable economic growth. The opportunities that abound in the region are reflected by the career of William MacLeod. From being the first Cree Wildlife Conservation Officer to being president of Cree Construction and Development Company (CCDC) for 11 years, MacLeod has had a long and varied career as a businessman and community leader. His lifetime of work has left an indelible mark on the region and to honour his achievements, MacLeod has been inducted as the 20th member of the Aboriginal Business Hall of Fame (ABHF).

Since 2005, the Canadian Council for Aboriginal Business has been honouring those who have risen up as leaders in the business community amongst First Nations, Inuit and Métis people across Canada. Past laureates include the late Billy Diamond who was inducted in the inaugural year of the ABHF.

"When I got the letter I was quite honoured. I thought to myself, 'Hey, did I do something right here?'" MacLeod joked. "I knew the late Billy Diamond received the award as well as other Aboriginal business leaders from across Canada so I was a bit awestruck when I received the award."

Growing up in Mistissini, Macleod was exposed to business from a young age as he watched his father run a fur trade. "All my brothers and sisters got involved in that business in one aspect or another," MacLeod said. "I ended up going to the United States for school. While there, I stayed with my dad's family, who owned a construction company. That was my first experience with the construction industry. I was young at the time, but I got to see what the business was all about."

From family members to instructors, MacLeod had many mentors who helped him along his diverse career path and his community work.

Overseeing the CCDC from 2002 to 2013, MacLeod presided over a period of incredible growth for the company. Having already been a member of the company's board of directors, he was familiar with the inner workings and the work of the previous two presidents – Albert Diamond and Steven Bearskin.

"It was one of the first companies founded by the Cree. A lot of it was already setup when I joined. The expertise was there and so was the management," MacLeod said about his early days of presidency. "In 2002, we had the EM1 project, so I jumped right into a huge amount of work from the get-go."

The CCDC had become a major player in the regional construction industry and worked alongside and in competition with big names in the construction business, such as Nielsen and Sodexo. "The EM1 project was the point when the CCDC started to show that it was really competitive and that we could do the job ourselves," he said. "We were building dams and dealing with a major client like Hydro-Québec that had a rigid schedule. We had to be competitive as they were bringing outside estimations of job completion which we matched."

Constructing buildings and developing infrastructure was not the CCDC's only goal. MacLeod recounted the many success stories of former employees who had moved on and set up their own businesses. "We were not only doing construction, we were developing people," he said. "Starting off as labourers, people worked their way up the ladder and eventually they saw what it took to run a business. That's what I'm most proud, the First Nations people we developed."

William MacLeod, 20th member of the Aboriginal Business Hall of Fame

Focusing on resource development and energy has been quite the boon for Cree communities and businesses. However as Macleod sees it the greatest resource are the people of Eeyou Istchee and investing in education and training.

"The mining companies are not building towns. Instead, they build camps for large groups of workers, and once the work is done they tear them down," said MacLeod on the need to focus on growth in the service sector in Cree communities.

As he approaches retirement, MacLeod is looking forward to spending time with his family and grandchildren. Yet, he still maintains positions in the community of Mistissini as a councillor and mentor to future Cree business leaders.

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Patrice Morin

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A sad discovery

Chisasibi man learns to cope with tragedy

By Jesse Staniforth

On the morning of January 30, Chisasibi security guard Julian House was getting ready to leave for camp with his cousin when he noticed something near the ski-doo trailers behind his house: a person in the snow.

"My first thoughts were, 'I just hope that person's just laid there for an hour or so,'" House recounted. "So I rushed to her and yelled, 'Hey, wake up!' But when I got to her and touched her shoulder and arm to shake her, she was completely frozen."

The deceased was Lillian Kitty Coon Come of Chisasibi, a mother of four daughters. House said he recognized her, but had never spoken with her. According to several locals who wished to remain anonymous, Coon Come was out drinking prior to her death.

Captain Shawn Coonishish of the Eeyou Eenou Police Force would not comment when contacted by the Nation, saying only that the coroner was still investigating the case.

While obviously a terrible loss to her family, Coon Come's death was also devastating to the man who found her body. As a security guard, House said, he has to be ready for unpleasant possibilities.

"I usually prepare myself for stuff like this to happen when I'm on night shifts," he said. "When pay day comes, when money comes around, or bingo – stuff like that. When something's happening in town – but this time, nothing was happening. That morning caught me off guard."

After police arrived, House was invited to the fire hall to talk about what he'd seen and how he felt about the experience with some of the first community's responders. Later, he spoke with a doctor at the hospital who told him that it was important not to keep his feelings inside.

"Some people don't talk after what they saw and it gets really heavy for them to handle – it leads to suicide, or a drinking problem, or drugs," he said.

All the same, at first House didn't take the doctor's advice seriously.

"I went home and sat in the living room for about two hours, just thinking," he said. "My mind was going crazy. I wanted to talk to my parents about what I just saw, but I couldn't let it out. I don't know what was wrong with me. I started feeling mixed emotions – anger, sadness – all these sorts of things. I didn't know how to handle it. After a while, I thought, forget it, I won't talk about it."

"So I rushed to her and yelled, 'Hey, wake up!' But when I got to her and touched her shoulder and arm to shake her, she was completely frozen."

Before long his feelings began to weigh heavily on him. House recognized that he needed to speak to someone, and decided to reach out to his friends – including Councillor Gabriel Herodier, former Chisasibi Youth Chief Shadrock Trapper, and Nemaska addictions counsellor Roger Orr.

"I'm lucky I have friends like Roger, Gabriel and Shadrack," he said. "I had big support from them. It really helped me. After I spoke with them, I felt different. I felt like I picked up the broken pieces that had shattered that morning."

Still, House understood how hard the experience was to absorb when he tried to fall asleep that night.

"I kept seeing her, Lillian – where I found her," he said. "The next day was the hardest. Before I went to bed, I kept seeing her body. It was getting heavier and heavier every time I closed my eyes – I don't know how many times I cried. I kept asking God, why me? That was the toughest time. It was very emotional."

House said the shock gives him a new respect for police officers and the experiences they endure as they handle some of the community's most disturbing scenes.

"This is just a small thing compared to what cops see," he said. "I've seen a few cops in this town who don't talk about what they've seen and it really got to them. Some have quit their jobs, got depressed, and drank a lot."

For others in a similar situation, House stresses how important it is to share their feelings and express themselves. He says that having friends offer an ear to listen and a shoulder for support made all the difference in how he dealt with the situation.

Now that time has passed, House has come to take the experience as something he can learn from.

"Since the day it happened, I've been thinking about life, thinking about everyone," he mused. "Now I really look at it differently, in a positive way. It's a blessing and an honour for me, to learn about life and appreciate life – even Lillian's life. Even though I never knew her or spoke to her, I thank God for her life on this earth. It gives you a different view of life. It's like a wake-up call: it gives you a lot of teaching."

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Foster home sought

A long-term foster home is being sought for four-year-old May, a shy energetic child who enjoys music, loves to play dress up and seems to be more comfortable in the company of adults. She is currently in an emergency foster home and is in need of a permanent home. May has suffered much instability throughout her young life and has shown significant progress in adjusting to rules and routine in her present environment.

May has a history of neglect lacking in activities to stimulate her development, resulting in developmental delays in her ability to speak. Thus it is sometimes difficult to understand her as she has a hard time expressing herself. May is receiving services in the community.

May's parents are unable to care for her. She needs a family who can make a long-term commitment, and which will be open to structured visits from her parents. The ideal foster family would be a two parent Cree/Soto or a couple of Aboriginal heritage for as long as she needs.

For more information, please call Garnett Forbes at Batshaw Youth and Family Centres at 514- 932-7161, local 1139.

Journey of the Nishiyuu documented in new film

Just over a year ago, the six original Nishiyuu Walkers and their guide left the community of Whapmagootsui with only the snowshoes on their feet, the supplies on their backs and an determination to bring their important message to the country's attention. This month, their epic story was retold on-screen for the first time in the community where the journey first began.

The Journey of Nishiyuu, a documentary film shot and edited by Great Whale's Youth Chief Ben Masty, premiered on February 11 at a public viewing in the community. A feast followed the screening.

Although the journey intended to deliver a political message, Masty told spectators before the screening that the film aimed to tell a more personal side of the Nishiyuu story. The walkers' recently deceased guide Isaac Kawapit is a central character in the film.

Masty hopes the film, which was produced by the Cree Board of Health and Social Services of James Bay, will make its way to the other communities of Eeyou Istchee in the near future.

photo by Ernest Webb

Isaac Kawapit

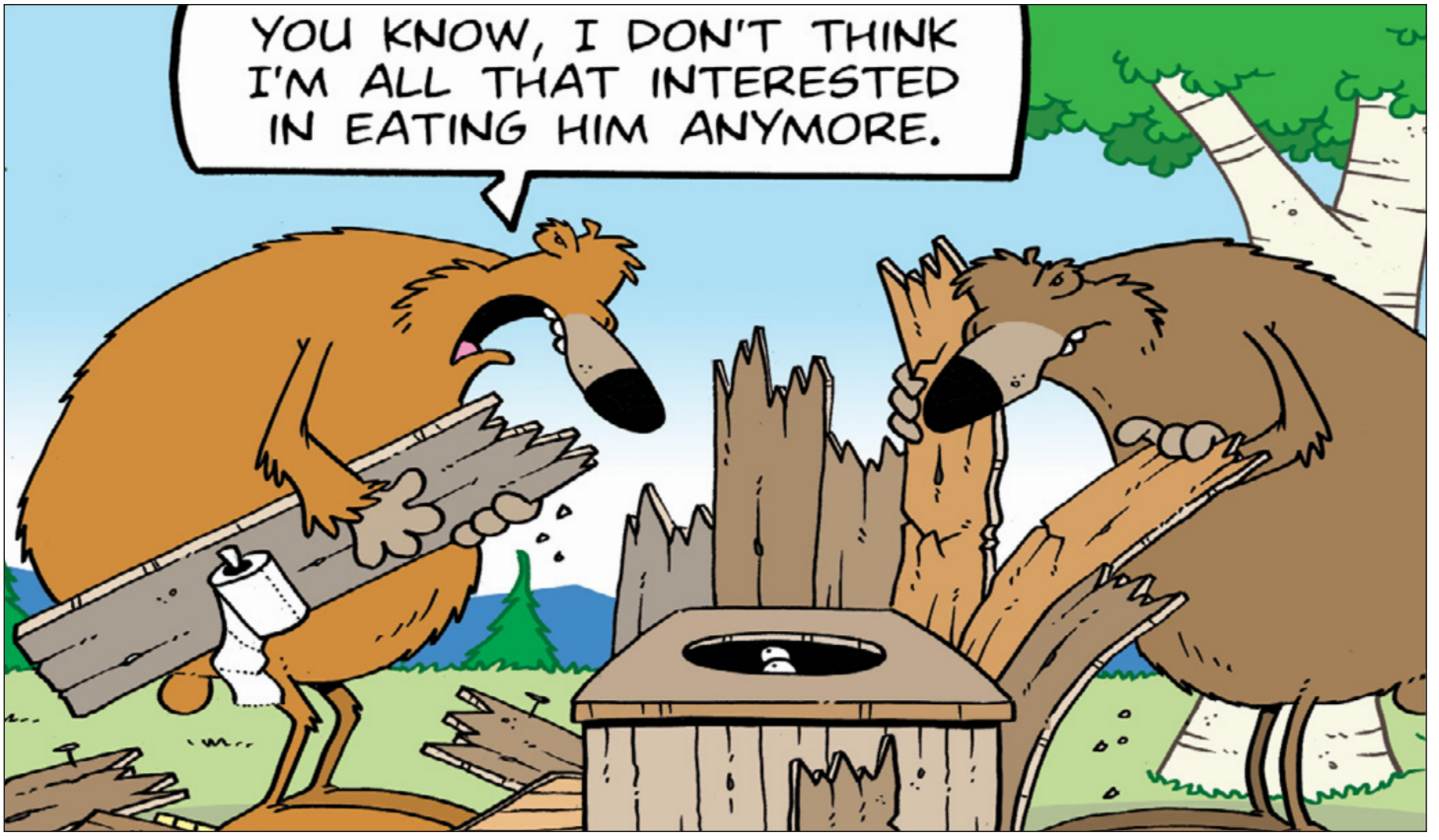


photo by Sébastien Lapointe, Iqaluit, Nunavut

"IT DOES NOT MATTER IF YOU ARE INUIT, FIRST NATIONS OR SOME GIRL FROM KANATA. WHAT IS BEHIND IT IS EITHER POVERTY OR AN INDIVIDUAL THAT IS LOOKING FOR LOVE AND ATTACHMENT, A SENSE OF COMMUNITY THEY DON'T HAVE AND SAFETY."

How poverty pimps the poor

Study focuses on the human trafficking of Inuit women and children

by Amy German

Sensational headlines appeared across the country February 3 about Inuit children being sold into prostitution, but the author of the study that prompted the stories say the media distorted the essence of her work. Instead, says researcher Helen Roos, her study was a warning to Canadians that dire poverty in any community leaves people vulnerable to human trafficking.

Roos' study, "Service and Capacity Review for Victims of Sexual Exploitation and Human Trafficking in Nunavut," was actually published last November. It brings together the stories of survivors with information from social workers and frontline workers from the North and South to paint a chilling portrait of vulnerability borne out of colonization, poverty and a lack of adequate social support.

"The unfortunate thing with this type of issue is that not many people really know what it is and it really speaks to the heart of what is happening in so many communities that you almost need that shock factor to wake people up," said Roos in an interview with *the Nation*.

While Roos wasn't pleased with the salacious coverage of the study in some media outlets, which focused on anecdotes about the trafficking of women and children from Iqualuit while ignoring the bigger picture, she is still glad that this story is getting out.

Those anecdotes, often second-hand, told of some families being approached to sell their children outside of hospitals and some administrative loopholes in the tradition of "custom adoption" in the North.

The practice of custom adoption creates a potential for trafficking because it allows for an Elder in the community to sign over a child while skipping any form of background check into the adoptive parents. But Roos said this was highlighted as a potential red flag, and was not the focus of her work.

"When that original article [in the National Post] came out it was like what are you doing, you are just honing in on some very sensational, salacious aspects of the entire issue of human trafficking across Canada. It does not matter if you are Inuit, First Nations or some girl from Kanata. What is behind it is either poverty or an individual who is looking for love, attachment, and a sense of community they don't have," said Roos.

The report, prepared for the federal Justice department, spells out how women and girls are lured into prostitution, often through dating websites and social media.

There are multiple accounts of how predators on dating websites like Plenty of Fish target poor aboriginal women from the north.

At the same time, social media isn't always the hook. Roos explained that trafficking could also happen through a friend, through someone the victim knows or through a seemingly legitimate organization or business promising a job in the

South. Iqaluit is prime hunting ground because of its poor living conditions.

"You are going to become vulnerable if you don't have a pot to piss in, you don't have a house, you don't have food and you are desperate," Roos emphasized. "This is international. With the collapse of the global economy, we see this everywhere. There is a huge upswing of trafficking or exploitation because people are desperate to put food on their table and they can easily be lured by someone with a fake promise of employment and opportunity only to be suckered into a situation that they could not know."

Having lived in Iqaluit for five years, Roos sees firsthand the impact of high food costs on low-income families. She says it's hard to fathom how families on welfare can afford $80 boxes of diapers or $14 for two litres of milk.

Further condemning the Inuit to poverty is a government that is out of touch with the realities of the North. Roos says federal Health Minister Leona Aglukkaq is "pushing back" against awareness-raising efforts that identify the federal food subsidy program for actually helping distort northern food prices.

"It's ridiculous but this is the kind of pressure that is constantly put on the vulnerable," said Roos. "[Aglukkaq] said that they shouldn't worry about it because they subsist mainly on country food. But, the caribou herds have moved far away from that area and so country food isn't as accessible. And people don't even necessarily have the bullets to hunt because they can't afford them."

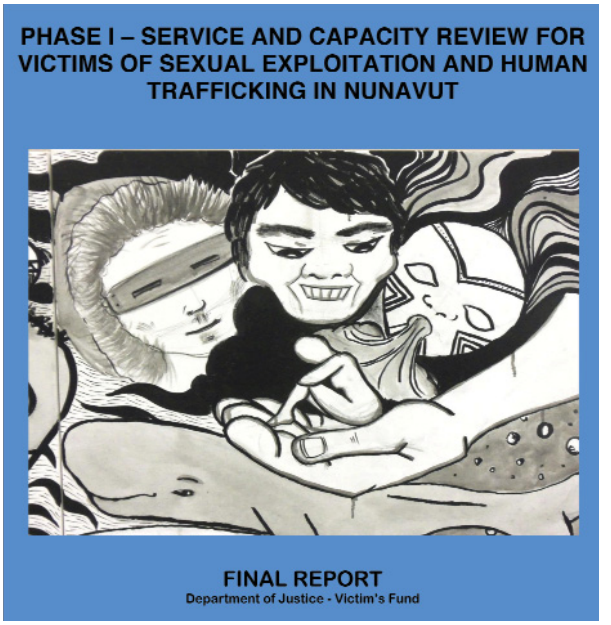
It's a chilling portrait of a people living in desperation that renders them perfect targets for exploitation.

"All we are saying is that it doesn't take a rocket scientist to know that where there is poverty they may exploit their own children for money, food or booze, whatever the demand is. Then there is also the question of how much survival sex is happening just so someone can put food in their belly or food on a plate for their children or a roof over their heads. This is the fundamental crux and it is not just for the Inuit, it is for First Nations as well," said Roos.

Putting numbers on human trafficking is difficult because the RCMP has only been collecting statistics on the practice since 2007. At that, under new RCMP legislation, the only statistics available to the public are from cases going before the courts. Roos listed about 167 cases at the time of her study.

But the problem is far larger. Roos works with a number of anti-trafficking organizations, including the Ottawa Coalition to End Human Trafficking, which supply her with additional information.

"For those of us who work on the frontlines and with victims' services in every community and in Ottawa, we have about three new victims a week. So, if you factor that into 52 weeks a year, you end up with a lot more," said Roos.


PHASE I – SERVICE AND CAPACITY REVIEW FOR VICTIMS OF SEXUAL EXPLOITATION AND HUMAN TRAFFICKING IN NUNAVUT
FINAL REPORT
Department of Justice - Victim's Fund

November 2013 report, prepared by a Gatineau-based consulting firm for the federal Department of Justice

However, these numbers only represent the victims who manage to escape and seek help, and many do not, she cautioned.

To address the problem Roos said a priority is to educate those who work with the most vulnerable, such as social workers, nurses, shelter workers and teachers.

"Where there are stories of, 'Oh, that person is a prostitute,' the scope needs to be expanded so that they can see whether or not someone else is pulling the strings of stress, coercion, deception or if someone is forcing someone else to do something," said Roos. "The majority of exploitation in Canada is sexual exploitation. We know that forced labour is happening but we've only skimmed the tip of that iceberg. We have to get a handle on sexual exploitation first."

Roos' report recommends that organizations combine efforts to support victims. New legislation is also required to tighten adoption loopholes and to provide professionals for vulnerable communities to help both victims and perpetrators, many of whom began as victims themselves.

For many First Nation and Inuit communities, however, Roos recognizes that these efforts come with a high price tag and are only part of the solution to a problem whose roots are deeply entwined with poverty and inequality.

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International Women's Day

Michèle Audette reviews our progress

by Amy German

From pleading the case for Canada's missing and murdered Aboriginal women abroad to riding the tsunami of activism triggered by Idle No More, it has been a busy year for Michèle Audette, the president of the Native Women's Association of Canada (NWAC).

As head of Canada's Aboriginal women's advocacy group and a mother of four, Audette, an Innu from Sept-Îles, still exudes an effusive energy over the phone during an interview with the Nation to mark International Women's Day, March 8.

For Audette, the occasion is an appropriate time to highlight the call for a public inquiry into the hundreds of cases of missing and murdered Aboriginal women in Canada. Audette has already taken this effort to the United Nations three times and to Geneva twice.

The international exposure of Canada's shameful record on violence against women is a key part of the pressure campaign on a federal government that strenuously resists trying to understand why so many women are left to die or disappear in the country.

A chance meeting on a New York street this past year with Françoise Gaspard, chair of the Committee for the Elimination of Discrimination Against Women (CEDAW), is a moment that Audette describes as "a gift." The encounter opened the doors for three Special Rapporteurs to visit Canada. Two were from the CEDAW while James Anaya is the UN Special Rapporteur on the Rights of Indigenous Peoples.

Anaya made international headlines last October for shaming Canada over its treatment of Indigenous peoples, particularly when it came to the missing and murdered.

"We never missed an opportunity and we created many of our own to make sure that we had the solidarity and the support that we needed," said Audette of the effort to gain international allies.

"Either you do what Harper is doing and put your head in the sand or you can do what I am doing along with thousands of other Aboriginal women who believe in real action."

Michèle Taïna Audette,
President of the Native
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"If they are going to say that they do so much for us and they are so proactive in helping Aboriginal women, how can this be if some prisons have 90% Aboriginal populations? There is a systemic problem here."

While Canada's Conservative government is steadfast in rejecting an inquiry, Audette was able to rally the support of the country's premiers after a short nine-minute pitch during a meeting last July.

Audette said she argued that we as a country are willing to spend millions on a salmon inquiry in BC and one on corruption in Montreal but not on hundreds of missing or murdered Aboriginal women.

"Either you do what Harper is doing and put your head in the sand or you can do what I am doing along with thousands of other Aboriginal women who believe in real action," Audette said of the meeting. "As it was my birthday, I asked them for this as a birthday gift, to support a call for an inquiry. In the end, they told me, 'Happy Birthday, we will support you!'"

NWAC went to the Supreme Court last December to file an affidavit over the Bedford ruling as it saw Canada's prostitution laws criminally struck down. NWAC's position is that prostitution is not a solution.

"So many of our sisters end up on the street after being sucked into the sex trade. We want other opportunities for our sisters and better options when it comes to housing and education. Most of us end up on the streets because of issues like human trafficking and we know that this is not their first choice in life," said Audette.

Audette feels this is necessary as the numbers of missing and murdered women continue to climb, with some researchers saying the actual number is fast approaching 900. NWAC's Sisters in Spirit initiative originally started the tally. That work ended for the NWAC in 2010 when Ottawa cut funding.

"What we have seen is that the target here is brown women with brown eyes," said Audette.

Audette has great appreciation for groups like Families of Sisters in Spirit that continue to advocate for their lost ones and to help the families. She credits women like Bridget Tolley, Sue Marten, Gladys Redek and the other fighters from British Columbia, Saskatchewan and the North West Territories.

In the absence of an inquiry, Audette is hoping to rally various levels of government to find other means of protecting the country's most vulnerable by fighting family violence.

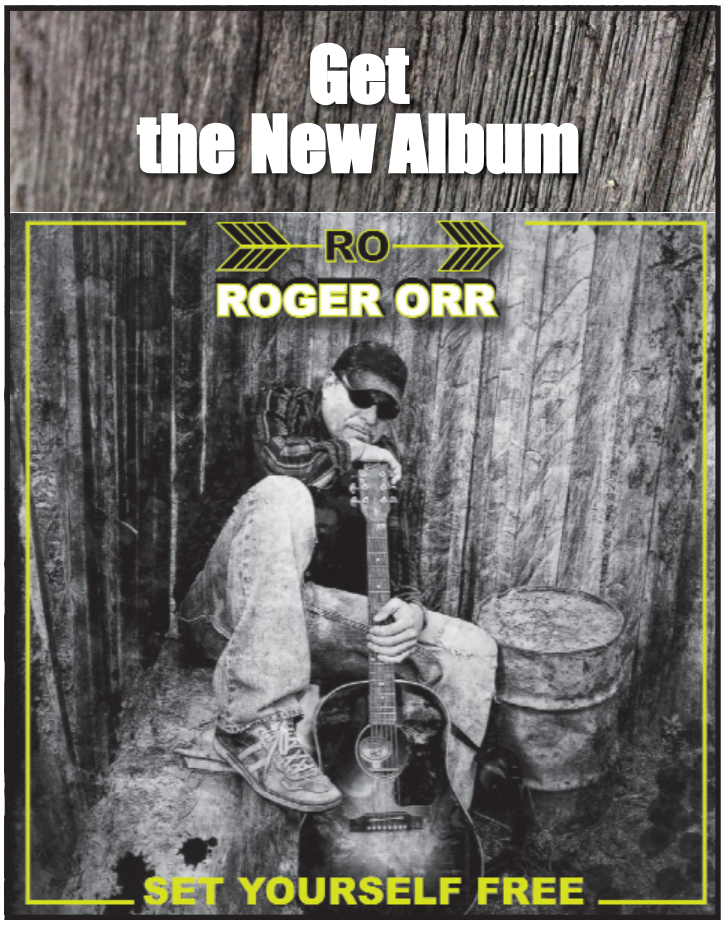
Audette said Ottawa appears to take a victims-versus-perpetrators approach, in which there is an increasing culture of criminalization. As a result, Canada's Correctional Investigator, Howard Sapers, is raising the alarm over the fast-growing numbers of Aboriginal men and women behind bars.

"There is a systemic problem here," said Audette, who questions why there are only 41 shelters for Aboriginal women nationwide. How can this be viewed as being proactive when it comes to violence against women, she asked?

So, even if the government spends $20 million on fighting family violence, it is still like just a scattering of peanuts across the country for the limited impact it has.

Audette identifies poverty and addiction as major factors behind the human trafficking tragedy identified by the Helen Roos study (see page 10). But Audette said society has a responsibility towards these families and that there is an urgent need to break these patterns.

It is for this reason that NWAC will soon be launching a collaborative research effort on trafficking with the Canadian Women's Foundation to provide the hard data that can lead to solutions.



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Open for business

Ottawa trade show shines a light on northern development

by Akiva Levitas

photo courtesy of Bob Mesher

Pierre Ouellet, Ted Moses, Chantal Hamelin and Jobie Tukkiapik

The windowed halls of the Ottawa Convention Centre allowed a rare dose of winter sunlight to warm the 4th edition of the Northern Lights convention January 29 to February 1. At the entrance stood the arts demonstration area where sculptors, musicians, painters, craftspeople and fashion designers displayed their talents. Even before the official start of the tradeshow, delegates were walking about networking and browsing the various booths that had set up early.

The buzz of the crowd was palpable as people admired the sealfur fashion line by Victoria Kakuktinniq from Rankin Inlet in Nunavut or tested out field equipment training simulators from the Operating Engineers Training Institute of Ontario. The size of the event reflects the growing scope of Arctic commerce.

Over 1,200 delegates gathered to network and expand their business reach. International investors from Russia and even Greenland could be found in the crowds. Over 200 exhibitors representing government agencies, mining companies, artists and entrepreneurs came to the event to showcase the opportunities to do business in the Northern regions of Canada. Representing the Cree and Jamesien businesses was the delegation organized by the Secretariat to the Cree Nation Abitibi-Témiscamingue (SAENCAT).

Several booths represented companies and organizations from the region, such as Université du Québec en Abitibi-Témiscamingue, SMS Equipment, and the Cree Outfitter and Tourism Association.

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An ALM Event
INSIGHT

Bertie Wapachee, manager of the Chisasibi Business Service Centre, has been attending the biannual event since 2010.

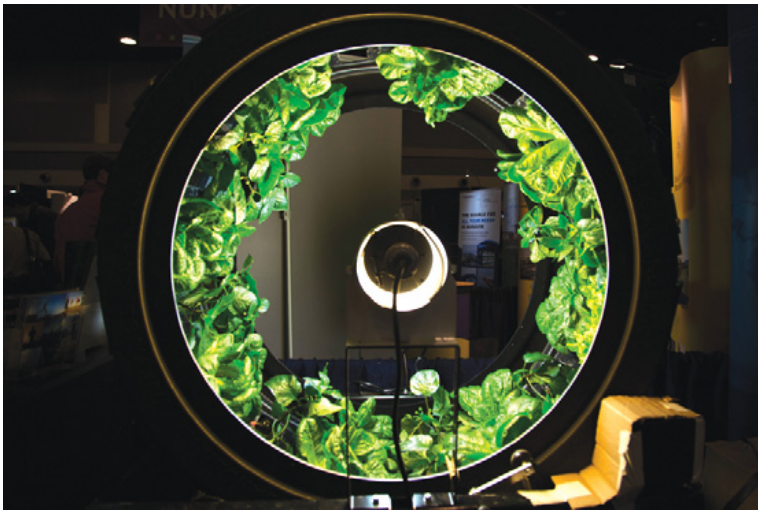
"The main reason I come here is I like to see what others are doing," Wapachee said. "If they're advancing in certain areas, I would like to know about it and learn it – be it in mining, economic development or any kind of business. This is also a great opportunity to see what our northern brothers are doing."

The growing business interest in northern Canada has driven innovation in the telecommunications, water storage and greenhouse technology on display at the booths. "It's amazing what they have been able to do up north. There is a lot to learn," said Wapachee.

Many company representatives enthused over the rapid growth of Arctic development over the last decade. Megaprojects in the region were well represented, highlighted by the $7.7 billion Muskrat Falls Project in Labrador that attracted potential employees. The billion-dollar mining projects being developed in Nunavut also demonstrated the massive investments now flowing into Arctic regions.

Organized by the Baffin Regional Chamber of Commerce and the Labrador North Chamber of Commerce, Northern Lights 2014 attracted government officials and speakers who shared their insight on Northern development. They included Nunavut Premier Peter Taptuna, federal Health Minister Leona Aglukkaq and Greenland's Minister of Finance and Domestic Affairs, Vittus Qujaukitsok. The event included workshops dealing with various aspects of Arctic economy and a trade show that offered networking opportunities and showcasing innovation.

A major development included the signing of a Memorandum of



photos by Akiva Levitas

Department of
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photo by Akiva Levitas

Understanding (MOU) between Makivik Corporation and the Secretariat to the Cree Nation Abitibi-Témiscamingue Economic Alliance (SCNATEA). Attending the ceremony were NDP MP Romeo Saganash, Makivik president Jobie Tukkiapik, SCNATEA president Ted Moses and Val d'Or Mayor Pierre Corbeil.

"We are here because of a vision and a dream," said Moses in his opening remarks. "That dream was the dream of the Inuit and the Cree which found expression first in the James Bay and Quebec Agreement, a dream of being able to lay a secure and lasting economic foundation for the possibility of creating strategic and mutually beneficial partnership with other peoples in the region."

Building on a long-standing relationship between the two organizations, the MOU ensures further collaboration and support for future and ongoing projects as well as encouraging joint ventures by companies from both regions. "I am hopeful that this alliance will serve to lay a path for progress in ways that we will see benefits for Inuit of Nunavik," said Tukkiapik.

"WE ARE HERE BECAUSE OF A VISION AND A DREAM. THAT DREAM WAS THE DREAM OF THE INUIT AND THE CREE WHICH FOUND EXPRESSION FIRST IN THE JAMES BAY AND QUEBEC AGREEMENT."

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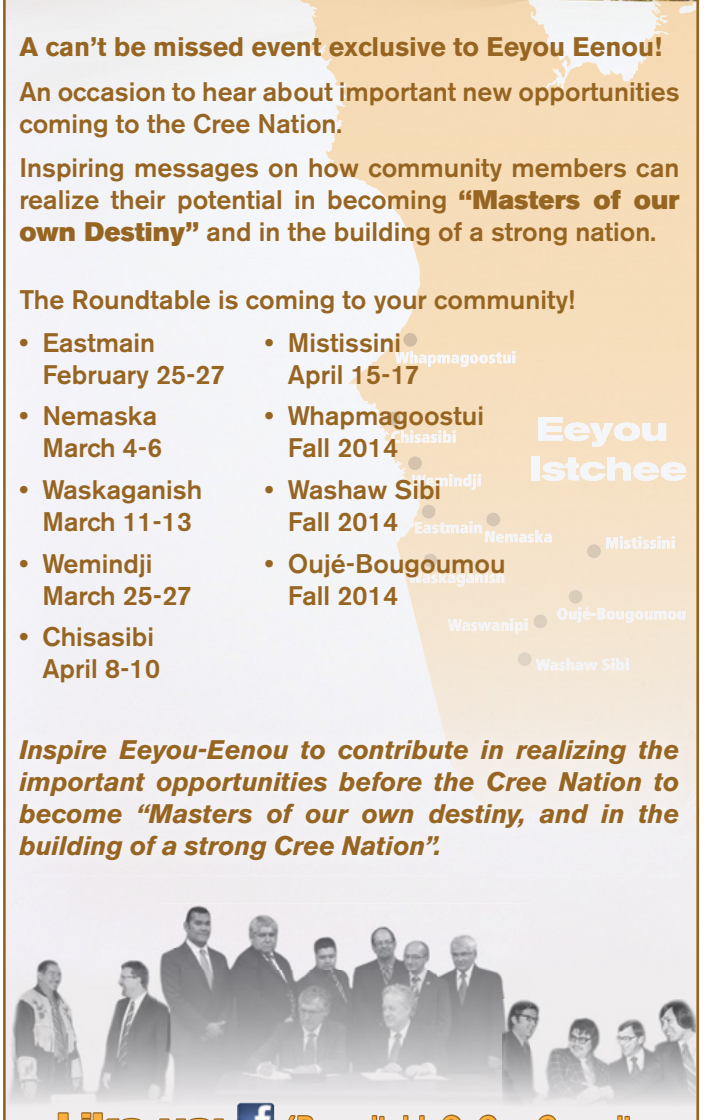

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Marking his target

Deputy Grand Chief Rodney Mark reflects on his first steps

by Amy German

It's been over six months that Rodney Mark has held the position of Deputy Grand Chief but he still feels a buzz of excitement going to work each day.

"I am having a lot of fun so far," said Mark, who at the time of this interview was on his way to a flying lesson for a private pilot's license. Mark is frequently on the road, an unavoidable aspect of his new job.

Since taking over as Deputy last summer, Mark has adopted three specific files as areas of focus – mining, justice and protected lands.

Having worked intensively with Goldcorp during his time as Chief of Wemindji, taking on the mining file for the GCC/CRA was a natural transition. He now is dealing with mining development in Oujé-Bougoumou, where they have the Blackrock project, Stornoway Diamonds near Mistissini, lithium mining in Nemaska as well as other projects frequently being pitched to both the governments and the Cree.

"The priority should be to get all of the communities to work together to help one another and to maximize training for the Cree workforce. Some of these projects are still in prefeasibility stages and are not operational yet. So right now we need to focus on getting as many Crees trained as possible over the next few years," said Mark.

Mark sees tremendous employment potential for Cree communities because of these projects. Over time, these jobs will transform lives by funding home purchases, sustaining local economies and keeping the best and brightest in Eeyou Istchee.

On the justice file, Mark looks forward to working with CRA Justice Director Donald Nicholls and his team. In the future, he wants to tour Eeyou Istchee in order to meet the justice committees in each of the communities. The purpose of the tour is to get feedback from each committee to make justice programs work for the Crees.

Mark said he feels passionate about the justice file because he sees it as a means of helping the Cree people and in the end, help families. It is an excellent mechanism for program delivery when it comes to changing lives.

"By the time you hit the justice department, something has obviously happened in your life, whether you're a victim or a perpetrator. I think that everybody deserves a second chance and this is a way to facilitate that," said Mark.

Mark said he was also excited to have been given the protected lands file. As a Chief of Wemidji, Mark was able to obtain a biodiversity reserve for his community and now as Deputy Grand Chief, he would like to champion the Dawich Marine protected land file. This would be in the vicinity of Eastmain and Wemindji's waters or in Waskaganish's waters.

"I would like to meet with the hunters and the trappers to see how they feel about possibly having protected land in that area," said Mark.

Mark feels that this particular area is special to him as it was a hunting area in the springtime when he was a youth, out in the bay. And, why his community had at one point talked about creating a seaport there, Mark said that it had become an area that he wished to preserve.

"I WOULD LIKE TO MEET WITH THE HUNTERS AND THE TRAPPERS TO SEE HOW THEY FEEL ABOUT POSSIBLY HAVING PROTECTED LAND IN THAT AREA."

Years later when he was elected Chief of Wemindji, Mark said that during consultations with the land users, numerous tallymen expressed a desire to preserve that area. This may be a future goal to pursue if it wins local support.

Cree Women of Eeyou Istchee Association

Celebrates

CREE WOMEN OF EEYOU ISTCHEE ASSOCIATION

March 8, 2014

Hotel Forestel

Vald'or, Qc

www.cweia.ca

International Women's Day

"Inspiring Change"

DESIGNED BY REZDUDE.CA

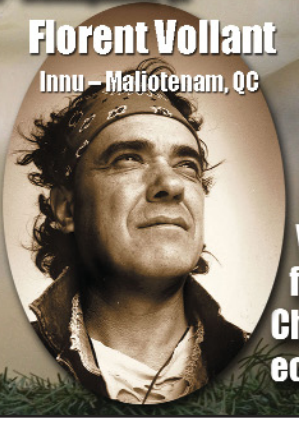
Guest performances by:

Crystal Shawanda

Anishnabe - Wikwemikong Unceded Territory

Francine Weistche

Eeyou - Waskaganish, QC



Florent Vollant

Innu – Maliotenam, QC

David Hart

Innu - Sheshatshiu, Labrador

$30 concert only

$60 dinner & concert

(limited tickets available for dinner/show)

Tickets can be purchased from your local CWEIA representative or Charlotte

Information booths by Eeyou entities

Vendors welcome

for further information

Charlotte Ottereyes 819-527-7083

economic@cweia.ca

A voice at the table

Cree Women of Eeyou Istchee granted observer status with the Grand Council

By Jesse Staniforth

It has been years in coming, but the Cree Women of Eeyou Istchee (CWEI) were finally granted observer status with the Grand Council of the Crees (GCC). That position – shared with other bodies, such as the Cree Nation Youth Council – allows the CWEI to make statements to the Grand Council, and ensures they will be invited to all general and special assemblies.

Following the organization's presentation to the Annual General Meeting in August, the GCC passed a resolution on February 6 to grant observer status to the CWEI.

"Women [are] often underrepresented in leadership roles," CWEI President Virginia Wabano told the Nation. "Aboriginal women are very important role models in our communities, and many Aboriginal women have diverse knowledge, experience, perspectives and connections, that could enhance policy development and program planning – even in organizational structures. Having an input at that level is important for us. That's one of our objectives in our action plans: participation by women in decision-making bodies. So we're meeting one of our objectives, while at the same time we're making a first step toward equality."

Wabano said the demand for observer status dates back to 1999. However, it was not until 2008, when the CWEI received funding from the Ministry of Culture, Communications, and the Status of Women Canada, that the push for inclusion in the meetings of the GCC gained momentum.

Though there have been some elements of resistance from the Grand Council over the years, Wabano says at present the GCC has welcomed to the inclusion of the CWEI into its meetings.

"I'm a strong believer that good things come to those who wait," she said. "Fighting against resistance sometimes doesn't get you where you want to go. Being patient like women are, I'm glad that [we have finally gotten to the point] where we have had our first official meeting."

Wabano says being able to intervene at GCC meetings about concerns specific to women will help the council develop future policy.

"There are so many aspects in our lives that we need to address, and down the road, those are going to affect our children," she emphasized. "It could be to do with the status of Aboriginal people. It could be the status of our language, our culture, our health."

Wabano said the fact that women are still less likely to be members of band councils or the GCC reinforces the need for their voices to be heard in the decision-making forums.

"I believe there's going to be a stronger connection and a stronger partnership that could lead to more opportunity for women to voice their concerns," she said of her organization's new status. "Aboriginal women are a direct link. Many times, I feel a lot of the situations that occur in our territory don't reflect them. So having the input of a woman's voice and perspective, they'll be able to lead."

At all times, stresses Wabano, it is important to prevent the history of Aboriginal people in Canada from repeating itself.

"We can do it in those forms, like the Charter of Rights for Cree Children, or familial obligations. What it boils down to is the progression that we've made with this status is a step forward, and a foot in the door. I'm hopeful that our leaders are beginning to understand and share what our Nation should be comprised of. And it also includes the woman's voice."

AGENT(E) DE LIAISON
ABITIBI (Val-D'Or) — Réf. : 2013-030

La Commission de la construction du Québec, acteur important du monde de la construction au Québec, veille à la santé d'un secteur qui génère annuellement quelque 50G$ d'investissements dans la province. Elle offre également un vaste éventail de services aux travailleurs, aux entrepreneurs et aux retraités de l'industrie de la construction.

RÔLES

Situé à la Direction régionale de l'Abitibi et sous l'autorité du Chef d'unité de la diversité de la main-d'œuvre et du développement, l'agent de liaison s'assure de maintenir des relations efficaces et efficientes entre les communautés autochtones et la Direction régionale et ce, afin d'offrir des services appropriés qui tiennent compte des particularités sociales, économiques et culturelles de ce milieu.

TÂCHES

- Établir et maintenir des relations entre la CCQ et les différents intervenants / partenaires autochtones régionaux.
- Conseiller la Direction régionale ainsi que l'Unité de la diversité de la main-d'œuvre et du développement en regard des réalités économiques et sociopolitiques autochtones et régionales. Présenter en concordance la planification et le développement des activités qui les sous-tendent.
- Maintenir une vigie concernant les enjeux, les défis et la dynamique régionale. Dégager les tendances du milieu et proposer des stratégies ciblées d'intervention.
- Déployer les activités et interventions prévues et ce, en tenant compte de la réalité régionale et des enlignements stratégiques de l'Unité de la diversité de la main-d'œuvre et du développement.
- Développer et maintenir des relations / partenariats avec différents organismes, regroupements ou instances du milieu. Effectuer les représentations concordantes en lien avec les objectifs de l'Unité de la diversité de la main-d'œuvre et du développement.
- Fournir les services-conseil afin que les travailleurs et les entrepreneurs autochtones intègrent l'industrie de la construction.
- Maintenir à jour les informations relatives à l'exécution des projets de construction anticipés et actuels sur les territoires des communautés autochtones.
- Supporter et accompagner au besoin la Direction régionale dans ses interventions dans le milieu.

EXIGENCES

- Posséder au minimum un baccalauréat en relations publiques, communication, sciences sociales, sociologie, sciences politiques, ou dans tout autre domaine pertinent;
- Avoir un minimum de 5 années d'expérience dans un poste de même nature;
- Être parfaitement bilingue (oral et écrit);
- Maîtriser la suite Office (Word et Excel);

La personne doit être autonome, démontrer de fortes capacités d'analyse, faire preuve de sens politique, être douée pour les communications interpersonnelles et être orientée vers le service-client.

CONDITIONS DE TRAVAIL

- Poste syndiqué, salaire annuel variant entre 49,000 $ et 86,800 $ selon la convention collective.
- Gamme complète d'avantages sociaux.
- Horaire de travail : Une semaine de cinq (5) jours suivie d'une semaine de quatre (4) jours.

Les personnes intéressées doivent acheminer leur curriculum vitæ en précisant le numéro de référence 2013-030 à l'adresse courriel ressources.humaines@ccq.org

Commission de la construction du Québec

La CCQ souscrit à un programme d'accès à l'égalité en emploi et, à ce titre, elle encourage les femmes, les minorités visibles, les minorités ethniques, les autochtones et les personnes handicapées à soumettre leur candidature. Seules les personnes dont la candidature sera retenue seront contactées par une personne des ressources humaines. www.ccq.org

Goose Call Contest 2014

***The Nation* and Recall Designs are offering you the chance to win a hand-crafted acrylic Goose Call in time for Goose Break 2014!**

TO ENTER – Tell us:
What is your weapon of choice and your favorite shotshell for goose hunting, and why?

SCAN TO ENTER ONLINE*

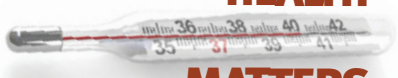
SCAN TO ENTER ON FACEBOOK*

Contest ends Friday March 21, 2014

Winners will be announced on our website, Facebook page and in *the Nation* on April 4

You can also enter the contest at Facebook/NATIONnewsmagazine.com or nationnews.ca

"These complaints can be placed by the user, someone representing the user, or someone who feels that they have witnessed something. ANYONE CAN MAKE A COMPLAINT AND I WOULD HAVE TO ACCEPT AN ANONYMOUS COMPLAINT IF I FIND GROUNDS FOR IT."



HEALTH MATTERS

By Amy German

The complaints department

How to complain about your medical care, administratively

Have you ever felt like there was something wrong about the treatment you received from a medical professional? Did you want to complain about it, but did not know how? Or to whom? And how can one know if a complaint about someone working for or with the Cree Board of Health and Social Services of James Bay (CBHSSJB) is legitimate?

These questions and more are the subject of a CBHSSJB community tour organized by Louise Valiquette, the interim Commissioner of Complaints and Quality of Services, to inform Crees about her position and their rights in the health-care system.

"The complaints procedure is a tool to identify problems and make improvements, but it is not well-known or well-understood by the Cree people. It's our responsibility to spread the word, even if it results in more complaints. The CBHSSJB believes that when our clients understand their rights, it makes the organization more accountable, and this helps us respond to the needs of the people in a proper and better way," said Valiquette.

In each community Valiquette will meet separately with the band council, the community's health professionals and residents to present a code of ethics, the patients' rights, the duties for the personnel and the users' responsibilities.

"If someone has a complaint, they just need to call or email me. If the person feels that they can't express themselves sufficiently or they are shy, they can also have someone else call for them," Valiquette explained.

"These complaints can be placed by the user, someone representing the user, or someone who feels that they have witnessed something. Anyone can make a complaint and I would have to accept an anonymous complaint if I find grounds for it."

At the seminar, Valiquette will distribute pamphlets that explain the rights of CBHSSJB patients so that they have their own permanent record of what is right and wrong. Much of it details a code of conduct for everyone to be treated respectfully and with dignity.

One priority is a patient's right to confidentiality; often an issue for anyone who lives in a small community and who is likely to have family members working in the system with access to their personal information.

"When you go to any facility within the CBHSSJB, whatever people learn about you or what's in your file is entirely confidential. When you go there you need to be assured that nothing will be made public," said Valiquette.

Making complaints is what can bring about change in the system when problems do arise. Valiquette said that when she gets a complaint, it can be explored and the underlying problem can be addressed. While some may vent on Facebook about a problem or situation that they are facing, Valiquette said she might offer a better ear to these problems.

"Every complaint may result in a new way of doing things that will improve services for others. We already know that there are some aspects of our services that need to be improved, but often a complaint will provide the specific details needed in order to make the right changes. Making a formal complaint takes time, but it is a real service to the community," said Valiquette.

She will also explain the grounds for a legitimate complaint.

Valiquette said she frequently gets complaints from users regarding Cree Patient Services (CPS) over issues like transportation, accommodations and meals. However, some of

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Cree Nation Government
Gouvernement de la Nation Crie

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Mr. William MacLeod

The Grand Council of the Crees (Eeyou Istchee) and the Cree Nation Government is honoured to congratulate Mr. William MacLeod from the Cree Nation of Mistissini for having recently been named the 2014 Aboriginal Business Hall of Fame Laureate by the Canadian Council for Aboriginal Business.

Mr. MacLeod's achievements are noteworthy not only for the accomplishments in his long career and for his tireless volunteer work in helping his community, but also, for the example he has set for our Cree youth—an example which will endure for many years to come.

Well done and well deserved.

We already know that there are some aspects of our services that need to be improved, but often a complaint will provide the specific details needed in order to make the right changes. Making a formal complaint takes time, but it is a real service to the community,

MAKING A FORMAL COMPLAINT TAKES TIME, BUT IT IS A REAL SERVICE TO THE COMMUNITY.

these complaints may stem from the fact that that the actual procedures for CPS are not well known.

Valiquette's department will address these issues with CPS to ensure that both the workers and patients understand policy and expectations.

She cites the procedure to obtain an escort to help a patient travel for treatment. While those under 18 or over 65 are automatically entitled to an escort, anyone else must request one from the doctor or nurse who is sending them for treatment. An escort may or may not be granted, depending on the circumstances of the patient. In some instances a doctor or a nurse may accompany the patient if monitoring or assistance is required.

Lodging is another source of friction. "People seem to think that they are entitled to choose the facility that they will get to stay in while getting medical care," Valiquette observed. "The CBHSSJB provides the shelter for those seeking treatment but it is not up to the patient to decide where they will get to stay. The CPS decides based on the condition of the patient and what is available."

On the other hand, when Valiquette receives a complaint regarding the behaviour of a doctor, nurse or pharmacist, it is passed on to a medical examiner with the expertise to evaluate what may have transpired between the parties.

This examiner will then follow up with the doctor, dentist or pharmacist to reach a conclusion. In almost every instance, conclusions of the medical examiner go into the professional's file.

Valiquette is available to discuss a patient concerns. If the complaint does not fall under the jurisdiction of the CBHSSJB, she can often direct the individual to the right party to follow-up process.

She stressed that no complaint will lead to repercussions, as all complaints are confidential. Valiquette said she would deal with situations like these.

And, while this system may be new to some, in the years that they have had this process up and running, changes have already been made.

"I can say for certain that the complaints procedure has already resulted in improvements to the quality of services throughout the CBHSSJB. Even before this awareness-raising community tour, we have been receiving and dealing with complaints relating to medical acts, social services, as well as all the support services, such as patient transportation, reimbursements and MSDC programs. We are proud to report that we have resolved many complaints in the past few years," said Valiquette.

For more information:
www.creehealth.org/about-us/users-rights
www.creehealth.org/users-rights/complaints
www.creehealth.org/sites/default/files/complaints-brochure-eng-lo.pdf

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EMPLOYMENT NOTICE

Eeyou Istchee James Bay
Regional Government

TITLE:	Assistant Director General	LOCATION OF WORK:	MATAGAMI
DEPARTMENT:	Office of the Director General Eeyou Istchee James Bay Regional Government	SALARY RANGE:	$86,150 to $103,380

Under the direction of the Director General, the incumbent is responsible for supporting the Director General in the coordination and execution of all his functions and activities as detailed in his Job Profile, contributing to the implementation of the Regional Government, advising the Director General and the Council of the Regional Government and replacing the Director General in his absence. He is also responsible for the management of relations with the Cree communities.

Acting in support of the Director General, the incumbent also ensures the proper management of the human, financial and material resources, including those entrusted to him. He works in close collaboration with the other Assistant Directors General and department directors in this regard.

In addition, the Assistant Director General may, under the direction of the Director General, assume specific responsibilities related to land and resource use planning and management and Cree relations and, in collaboration with the other Assistant Directors General and department directors, responsibilities related to infrastructure development, safety of citizens, regional economic development and such other matters as the Director General may assign to him.

Acting in support of the Director General, the incumbent also ensures the enforcement of the by laws, resolutions and decisions adopted by the Council of the Regional Government and the use of the funds for the purposes for which they were voted.

The incumbent is a member of the Office of the Director General, replaces the Director General in his absence and, if requested by the Director General, represents the Regional Government with different organizations and governmental entities.

QUALIFICATIONS

Education and Certification

- University degree in Administration or in a related field, or any combination of training and work experience deemed sufficient

Experience

- Five years of relevant managerial experience in community, institutional, business, local or regional government sector
- Experience in budgeting, planning and staff management

Language

- Fluency in Cree and English
- Spoken and written French
- Candidates who do not meet the French language requirements must undertake to learn French with a view to acquiring functional competence within a time frame agreed with the employer and/or the Cree School Board and at the expense of the employer and/or the Cree School Board.

Knowledge and Abilities

- Demonstrate strong management and supervisory skills
- Have strong leadership skills
- Demonstrate good communication and interpersonal skills
- Exercise strong judgment and problem solving skills
- Have good organizational skills and the ability to coordinate multiple tasks
- Good knowledge of the *James Bay and Northern Québec Agreement* (JBNQA) and other relevant agreements
- Good knowledge of the Eeyou Istchee James Bay territory
- Knowledge of the Microsoft Suite

Additional Requirements

- Typical office setting where there are no unusual physical demands
- Willingness to travel
- The incumbent is a JBNQA beneficiary

The employer may, at its discretion, waive any or all of the aforementioned requirements if a suitable candidate who is a JBNQA beneficiary accepts to follow a training plan determined by the employer as a condition of employment.

INFORMATION

For more information, do not hesitate to communicate with:

Mr. Stéphane Simard
Director General
Municipalité de Baie-James
Tel. 1-819-739-2030

Mr. Rodney W. Hester, MPA
Director, Government Support Services
Cree Regional Authority
Tel. 1-819-673-2600

This position is also posted on the Web sites of:
Municipalité de Baie-James: www.municipalite.baie-james.qc.ca
Cree Nation Government: www.gcc.ca
Cree Human Resources Development (CHRD): www.chrd.ca

APPLICATION

Application Period

From February 5, 2014 to March 7, 2014.

Application

Your application must be sent by mail, fax or email to:

Mr. Stéphane Simard
Director General
Municipalité de Baie-James
110 Boulevard Matagami, C.P. 500
Matagami, Québec, J0Y 2A0
Fax: 1-819-739-2713
Email: ssimard@villembj.ca
— or —

Mr. Rodney W. Hester, MPA
Director, Government Support Services
Cree Regional Authority
2 Lakeshore Road, Nemaska, Québec
J0Y 3B0
Fax: 1-819-673-2606
Email: rwhester@cra.qc.ca

UNDER THE NORTHERN SKY

Time to break the sugar addiction

by Xavier Kataquapit

There is an addiction epidemic in First Nation communities. The drug in question is a dangerous white powder that resembles those that are sold in dark alleys and sleazy bars, yet this drug is on every store shelf and restaurant table. Make no mistake: it's a killer and is debilitating for many of my people. That drug is sugar.

When I was a child growing up in Attawapiskat, I knew nothing about good nutrition or healthy eating. My mom and dad made sure that we always had food on the table and, at the best of times; it was nourishment from the land. At the worst of times, it was sugary cereal, processed meats, canned foods and way too many chocolate bars, cookies, pastries and chips.

In the old days, most of our diet consisted of geese, caribou, moose, rabbit and lots of fish. People then were relatively healthy and because they lived a challenging and physical life on the land, they were in good shape.

When my people were forced onto reserves to live in permanent settlements, we lost our nomadic lifestyle. With modern times, most people began to find jobs in the community working for the band office, government offices or the school, but many ended up on welfare. There were not many opportunities back in those days for employment and if you wanted to go to school, you had to leave the community. However, even if life took a turn for the worse when we were thrown into the reserve system, most of our people managed to venture out on the land. We still managed to fish and hunt at times on our traditional lands.

The more we drifted away from our traditional diet that and lifestyle, the more problems we started to develop with our health. Most of the time, none of us had a lot of money but we did have access to the local store. The problem is that the items people could afford were mostly products like canned soup, processed meats, canned stew, bacon, hot dogs, hamburgers, frozen meats and plain white bread.

Over the years, these foods became the staple for most of our people. When I was young I noticed that there was an increasing problem with obesity. A lot of the people around me were very overweight. One of the biggest problems in terms of diet was the amount of sugar people were consuming. Of course back in those days, no one realized that there was a lot of sugar and salt in many processed foods. First Nation people really got addicted to sugar. Just about everyone I know up the James Bay coast loves their sugar.

Native and non-Native people were much healthier before sugar became such a huge part of our diets. With the huge consumption of refined sugar combined with a less active lifestyle, diabetes started to invade First Nation communities.

Many people don't realize the powerful of the sugar lobby, which pressures governments to allow them to promote their product far and wide. The average person has a ridiculous amount of sugar in their diet. People who drink soda pop are actually consuming many tablespoons of sugar per drink. Sugar is also hidden in many food products, including cereals, breads and a lot of processed foods. Researchers say that sugar has as much addictive power as hard drugs. So the next time you have a craving for a big jelly doughnut or a dish of ice cream or a soda pop, realize that you are feeling withdrawal from a very powerful drug.

Anything you can do to lower your consumption of sugar will help you to live a longer and healthier life. Just stop drinking soda pop and don't put sugar in your hot drinks. Move away from this white poison. Diabetes has ruined and threatens the health of way too many people. Break the addiction. Cut back on the sugar.

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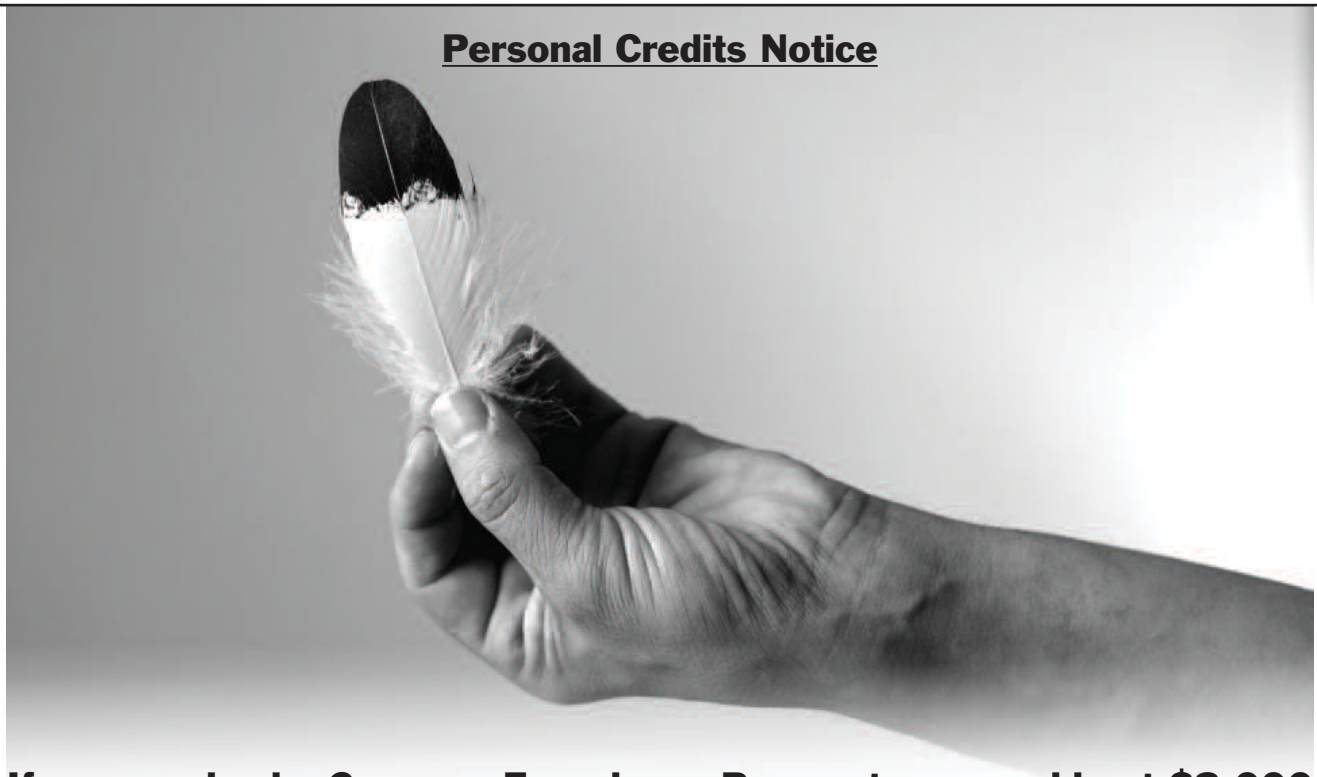
Personal Credits Notice



If you received a Common Experience Payment, you could get $3,000 in Personal Credits for educational programs and services.

The Indian Residential Schools Settlement Agreement. The healing continues.

Since 2007, almost 80,000 former students have received a Common Experience Payment ("CEP") as part of the Indian Residential Schools Settlement Agreement. CEP recipients are now eligible to receive non-cash Personal Credits of up to $3,000, for either themselves or certain family members, for educational programs and services.

What are Personal Credits? Personal Credits may be used for a wide range of educational programs and services, including those provided by universities, colleges, trade or training schools, Indigenous Institutions of Higher Learning, or which relate to literacy or trades, as well as programs and services related to Aboriginal identities, histories, cultures or languages.

How much are Personal Credits? Adequate funds are available for each CEP recipient to receive up to $3,000 in Personal Credits, depending on your approved educational expenses.

Which educational entities and groups are included? A list of approved educational entities and groups has been jointly developed by Canada, the Assembly of First Nations and Inuit representatives. If an educational entity or group is not on the list, please consult the website for more information.

Will I receive a cheque? No. Cheques will be issued directly to the educational entity or group providing the service.

Who can use Personal Credits? CEP recipients can use the full amount themselves or give part or all of their Personal Credits to certain family members such as a spouse, child, grandchild or sibling, as defined in the terms and conditions. Personal Credits of multiple CEP recipients can be combined to support a group learning activity.

CEP recipients have the option of sharing their Personal Credits with certain family members, such as:

- **Children**
- **Grandchildren**
- **Spouses**
- **Siblings**

How can I get Personal Credits? Each CEP recipient will be mailed an Acknowledgement Form. If you do not receive an Acknowledgement Form by the end of January 2014, please call 1-866-343-1858. Completed Acknowledgement Forms should be returned as soon as possible and must be postmarked no later than **October 31, 2014**.

How do I redeem my Personal Credits? Once approved, you will be sent a personalized Redemption Form for each individual using Personal Credits at each educational entity or group. Once the Form is received, provide it to the educational entity or group listed. The educational entity or group must then complete and mail back the Redemption Form postmarked no later than **December 1, 2014.**

What happens to unused Personal Credits? The value of unused Personal Credits will be transferred to the National Indian Brotherhood Trust Fund and Inuvialuit Education Foundation for educational programs.

For more information, including how Personal Credits can be redeemed by certain family members of CEP recipients that are deceased, visit www.residentialschoolsettlement.ca or call 1-866-343-1858.

The IRS Crisis Line (1-866-925-4419) provides immediate and culturally appropriate counselling support to former students who are experiencing distress.

1-866-343-1858 • www.residentialschoolsettlement.ca

PERSONALS

I would like to say hello to Jeremy Loudmouth Polson I just want to say how grateful and happy to have met you through " The Nation Magazine at our local YC" that's how we became friends and later found out we were relatives anyway just want to let you know you're a good and funny friend I admire you from someone you know lol

Looking for home tanned smoked moosehides. I want to buy some smoked moose hides. Anyone out there selling hides or know who does sell them. Email me martybearisland@mail.com miigwetch

PUBLIC SERVICE ANNOUNCEMENTS

Meetings in Mistissini: Alcoholics Anonymous, Tuesday's Hope Meeting, are at 7PM at the Mamou-Wechidodow Building Amisk Street. **Alanon Meetings** are on Tuesdays as well at 7PM at the Mamou-Wechidodow Building Amisk Street. **Alateen Meetings** are on Mondays at 3:30PM at the Reception Centre 282 Main Street. These meetings are all open meetings.

TD Scholarships for Community Leadership - Apply today! Applications available at Your high school or CEGEP (in Quebec) Online at www.td.com/scholarship or Call 1-800-308-8306 TTY (Text telephone) 1-800-361-1180

Cultural Manual for Foster and Adoptive parents of Aboriginal Children, launched at the last Gathering of the NETWORK on October 3... CHECK IT OUT! www.reseaumtl-network.com/eng/Portals/5/Cultural%20Manual.pdf

The Aviva Community Fund is Canada's longest running online community competition. With over $2.5 million dollars given away to date, the Aviva Community Fund is making a difference in communities across the country. Submit your idea for positive change and have a chance at sharing in this year's $1 million Aviva Community Fund.

For more info go to http://www.avivacommunityfund.org/

Kid's Help Phone Line:
1-800-668-6868
(www.kidshelpphone.ca)

Youth Helpline: 1-800-263-2266 (www.teljeunes.com)

Parents' Helpline: 1-800-361-5085
(www.parenthelpline.ca)

Missing Children's Network: They'll help you find kids who have run away or disappeared.
514-843-4333
(www.enfant-retourquebec.ca)

Drug Addiction help and reference: 1-800-265-2626
(www.drogue-aidereference.qc.ca)

Gambling Addiction help and reference: 1-800-265-2626
(www.info-reference.qc.ca)

S.O.S. Conjugal Violence:
1-800-363-9010
(www.sosviolenceconjugale.com)

Health and Sexuality Resources Center: 1-888-855-7432 (Monday to Friday, 9am to 5pm) (www.criss.org)

Gay Helpline: 1-888-505-1010 (Monday to Friday, 8 am to 3 am and Saturday-Sunday, 11 am to 3 am)

The Native Women's Shelter of Montreal: 1-866-403-4688 (www.nwsm.info)

Suicide Action Québec:
1-866-277-3553
(www.suicide-quebec.net)

Residential School Survivors: A 24 hour toll-free crisis line is available to provide immediate emotional assistance and can be reached 24-hours a day, seven days a week: 1-866-925-4419. Other support services and information for survivors is available on the AFN website at: www.afn.ca/residentialschools/resources

Concordia University, Montreal:

The Centre for Native Education has changed its name to the Aboriginal Student Resource Centre (ASRC). The new name is inclusive of the First Nations, Inuit and Métis students the centre serves and recognizes its role as a resource for the Concordia community. For any further details contact: aboriginalcentre@concordia.ca or 514-848-2424 ext. 7327.

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EMPLOYMENT NOTICE

Beesum communications

Permanent Administrative Assistant

Beesum Communications, award winning design and communications office located in Montréal, is seeking a part time Administrative Assistant to work between 20 and 30 hours per week.

Tasks include:
- Filing, faxing, mailing
- Type letters
- Data entry
- Assisting project managers with projects
- Participating in phone answering – directing calls and messages
- Organize meetings and events
- Opening the office
- Performing other clerical duties on an as needed basis

Skills Required:
- 1-2 years of proven work experience in an office environment.
- Strong interpersonal skills
- Ability to multi-task
- Willingness to expand knowledge base
- Team player
- Excellent communication skills
- Knowledge of Microsoft Word, Excel, PowerPoint and Outlook
- Proactive problem solver
- A positive attitude
- Written and spoken bilingualism (French and English)
- A diploma in office administration is a plus

Beesum mainly works for aboriginal clients and also specializes in native communications for non-aboriginal entities. Knowledge of first Nation's peoples is an asset.

Please e-mail with Administrative Assistant in the subject line: sarah@beesum-communications.com
fax: 514-278-9914

The Nation Directory will be available online as of February 24th, 2014!

Watch for the link to the new directory to be posted on *the Nation* website!

The directory also includes the James Bay Cree Phonebook and more.

If you are a business and would like to be listed for 6 months in the directory for FREE, please contact Sarah at sarah@beesum-communications.com to add your business profile!

Board of Compensation & Creeco Inc.

Elma Moses
Doctor of Philosophy

Kim Bolduc Blacksmith
Doctorate of Optometry

Caroline Mark
Master of Business Administration

Nancy Crepeau
Master of Education

Mimie Neacappo
Master of Arts - Applied Linguistics
& Discourse Studies

Congratulations to the Recipients of the 2013 Incentive Awards under the Education Fund of the Board of Compensation

Jenna Newton
Bachelor of Arts
– Major in English

For more information on the Incentive Awards of the Board of Compensation or to get a copy of the pamphlet please contact our office or via email: emark@boc-creeco.ca

CATEGORY 1:	ONE-YEAR PROGRAM
Cheyenne Gull	General Arts & Science Program
Corey Ryan Coon Come	General Arts & Science Program Certificate
CATEGORY 2:	**TWO-YEAR PROGRAM**
Tracey Loon	Social Science
Irene Neeposh	Business - Marketing
Nigel Orr	General Arts & Science
Bert Peter Hester	Construction Engineering Technician
CATEGORY 3:	**THREE-YEAR PROGRAM**
Ghislain Ottereyes	Nursing
Christina Matoush	Nursing
Leona Lily Beth Shem	Nursing
Brant Blackned	Accounting & Technology Management
CATEGORY 4:	**UNIVERSITY CERTIFICATE PROGRAM**
William Mailloux	Certificate in Administration
Renata Arlene Wesley	Certificate Aboriginal Literacy Education
Daisy House	Certificate Educational Leadership 1
CATEGORY 5:	**BACHELOR'S DEGREE**
Tracey Loon	Bachelor of Fine Arts-Specialization Communication & Minor Business Administration
Jenna Newton	Bachelor of Arts - Major in English
CATEGORY 8:	**MASTER'S DEGREE**
Tina Mark	Master of Theological Studies
Mimie Neacappo	Master of Arts - Applied Linguistics & Discourse Studies
Nancy Crepeau	Master of Education
Caroline Mark	Master of Business Administration
CATEGORY 9:	**DOCTORAL DEGREE**
Kim Bolduc Blacksmith	Doctorate of Optometry
Elma Moses	Doctor of Philosophy

Corey Ryan Coon Come
General Arts & Science
Program Certificate

Irene Neeposh
Business – Marketing Diploma

Brant Blackned
Accounting & Technology
Management Diploma

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PROFONDÉMENT INVESTIE AU QUÉBEC

Au Québec, Goldcorp c'est :

- 2 000 emplois incluant 60 personnes à notre bureau de Rouyn-Noranda;
- 613 millions de dollars à nos différents fournisseurs québécois en 2013;
- Près de 1,6 milliard de dollars en immobilisations déjà investis sur un coût total de 1,8 milliard.

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